



# EAST TN TANG SOO DO NEWSLETTER

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## Summer Uniforms

From **May 1 through Sep 30**, we allow T-shirts instead of uniform top. The t-shirt must be one of:

- **Karate t-shirt** (not necessarily from our school since we do not have new t-shirts this year.)
- **PLAIN COLORED t-shirt.** We encourage you to wear white or one that shares a color with your belt.

**Shorts** are also permitted but **WHITE ONLY!!!** You can order official white karate bottoms through the school, but \$5 Walmart shorts are fine as long as they are WHITE!!

## TN Ko Dan Ja

**Fri, Jun 9 – Sun, Jun 11**

We are honored to host a regional black belt/masters training and testing. Participation is Cho Dan Bos up, except Sat, Jun 10, Family Class, 10-11AM.

Our black belts will be participating in this event as well, testing for their next rank. Ms. Victoria will be testing for 3<sup>rd</sup> Dan, Mr. Will for 2<sup>nd</sup> Dan, and Mr. Ian and Ms. Sarah will be cross-testing for their TSDMA 1<sup>st</sup> Dans.

## Yoga and Judo

We are in the process of adding two new classes to our schedule. They are open to any studio members as part of your tuition. Yoga, Sat, 11AM and Judo, Fri, 6:30PM For the moment, classes are on non-testing/non-tournament weeks. More details coming soon!

## May the 4<sup>th</sup>

be with you...

### Star Wars Day is Coming!!!

That's right. Thursday, May the 4<sup>th</sup> is officially **Star Wars Day**. We want all our students to come celebrate by wearing their favorite Star Wars gear. Students can wear a shirt, hat or even come in full costume. The choice is theirs!

We can't wait to see our students in all their Jedi glory!!!

**NOTE:** This is also Tournament practice, so please don't wear anything you cannot practice in or take off for practice.

## Belt Exam



**Friday, May 12, 6PM**

**(Testing students should arrive by 5:30 p.m.)**

**FULL UNIFORM. \$30 testing fee.**

The cost of the exam is \$30. This helps us pay for belts and certificates, which in turn helps to support our parent organization, Tang Soo Do Masters Alliance, including the yearly Student of the Year awards. Those who have seen, or won, one know how beautiful they are.

## Events

### MAY

- Sat, 5/6, Mid-South Championships, Ellijay, GA**  
(NO FRI/SAT CLASSES at studio.)
- Fri, 5/12, 6 PM.** Belt Exam
- Mon, 5/15, 9:30 AM – 2 PM,** Booth at the Heritage Home Scholars Homeschool Convention.
- Sun, 5/21, 12:45 PM.** Demo at the Iris Festival.

### JUNE

- Sat, 6/3, 10 AM – 10 PM,** Booth at Mosheim Fun Days. Demo at **11:30 AM. WE NEED PEOPLE TO WORK THE BOOTH!!!** If you can, please sign up at the front desk!
- Thu, 6/8, Seminar with GrandMaster Charland. DO NOT MISS THE CHANCE** to work with GM Charland during Kids and Adult classes.
- Fri, 6/9 – Sun 6/11, TN Ko Dan Ja.**  
*See details, left column*
- Sat, 6/10, 10AM,** our regular **Family Class** will be a **Work With the Masters** class as part of the Ko Dan Ja. **DO NOT MISS THIS OPPORTUNITY!!**
- Mon, 6/12 – Fri, 6/16, 10AM – 4PM. Martial Arts and Crafts Camp.** Students get an intense study of martial arts 3 hrs/day, plus 1 hr demo practice. The rest of the time is filled with games, arts and crafts and structured play time. Get reg forms from Ms. Jennifer or Ms. Victoria.

# Being a Good Karate Parent

An ongoing series on how to support your children in martial arts. Each month we present a different aspect of “being a good karate parent.”

## Why Tournaments?

Tournament season is here! You will be hearing about them, being encouraged to attend and have your children compete in them. We will be running competitions in class to teach protocol and will be pushing the Saturday, 9AM Competition Class. Why?

I believe a lot of good things come from tournament participation, both open tournaments and Tang Soo Do tournaments.

Students will get to showcase their skills and find out where they need to improve to win. I have never seen kids more determined to perfect their forms and sparring techniques than after a tournament. If going to competitions is what makes a child enthusiastic about learning martial arts, then going to tournaments is what s/he should be doing!

Students will make friends and in many cases will retain those friendships over years because many of the same children attend the majority of tournaments we attend.

Students learn to lose. Some schools discourage competition, but I think that since we live in a competitive society, teaching children about competition, including losing, is an important part of martial arts.

For Tang Soo Do tournaments, it is

a family experience. Students are welcomed and nurtured, even in the ring.

If there were more of them around, we would go to more. The closest ones to here are about 5 hours away. We have gone to a few in Fayetteville and plan to go to one in Birmingham next month.

The rest of the tournaments we go to come from the All-Star Karate League (ASKL) schedule. This is a highly competitive open league based out of Atlanta that includes tournaments over a large swath of the U.S., from FL to WI!! The ones we go to are in TN and GA.

With open tournaments students get to see other styles, uniforms that do not look like theirs and to compete with their technique as much as their pattern. Since the judges do not know our forms, students with good form score well even if there are mistakes in the pattern.

These are more challenging tournaments since the divisions tend to be larger and the judges are not Tang Soo Do. However, these are the types of tournaments I came up the ranks with and they served me and my children (Mr. Ian, Mr. Will, Ms. Sarah) well.

I hope you will consider allowing your child to compete in at least one tournament this year!

# Mat Chat

You can find our full **Mat Chat** pages on our website. Select from the menu on the site:

**Parents / Mat Chat**

**We have also decided to invite the parents to participate in our Mat Chat!** If you would like to join us, you may sit with us on the floor or bring over a chair and sit it on the track portion of the mat.

**This month:**

## Tenet/Code: Obedience to Parents & Elders (Code)

Obedience means being respectful to your parents and elders. You should listen to what they say and ask of you. This is because what they are asking you to do is for your own good, because they care.

Obedience to Elders does NOT mean you should obey anyone who is grown up. It only means those you know and trust. It does not include strangers!!!

## Terminology

**Choong Be Jasse** – Ready Stance

**Cha Ryut** – Attention

**Kyung Yet** – Bow

**Kihap** – Yell

**Ahn Jo** – Sit

**Tora** – Turn

**Ba Ro** – Return

**Shio** – Rest